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(<https://www.top10homeremedies.com/category/home-remedies>) » Home Remedies for Urinary Incontinence

Home Remedies for Urinary Incontinence

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3 of 3

<https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html>)

9. Meditation



(<https://www.top10homeremedies.com/wp-content/uploads/2015/03/lotus-pose-meditation-opt.jpg>)

Meditation and guided imagery can help you regain control over your body and reduce incontinence.

In a 2009 study, Loyola University Health System researchers found that cognitive therapy involving deep breathing and guided imagery exercises training the brain to control the bladder helped reduce the average number of urge incontinence episodes per week from 38 to 12.

Try relaxation and visualization exercises for a few weeks to notice an improvement in your condition.

10. Acupuncture



<https://www.top10homeremedies.com/wp-content/uploads/2014/09/acupuncture-needles-natural-opt.jpg>

According to Chinese medicine, acupuncture can help reduce urinary incontinence by strengthening the urinary system and correcting the imbalance of the kidneys.

It can help increase your ability to hold urine and reduce urinary urgency. Studies have also shown this therapy to be beneficial in treating incontinence, but further well-designed studies are still needed.

Get your acupuncture treatment done by a qualified acupuncturist. Some of the acupressure points used to treat an overactive bladder include LI 11, ST 36, BL23, BL28, BL31, BL32, BL39, KI3, GV4, CV3, CV 4 and CV6. Most of the acupoints for urinary problems are located on the lower abdomen and lower back.

Additional Tips

- Add more fiber to your diet. Lack of fiber contributes to constipation that puts pressure on the bladder.
- Drink sufficient, but not too much, water.
- Lose excess weight.
- Exercise for at least 20 to 30 minutes, 5 days a week.
- Quit smoking (<https://www.top10homeremedies.com/news-facts/top-10-natural-aids-quitting-smoking.html>). Heavy smokers are at greater risk of developing an overactive bladder.
- Steer clear of alcohol and caffeinated beverages including tea, coffee and some sodas. They can worsen an overactive bladder and contribute to bladder irritation.
- Avoid citrus fruits, tomatoes, vinegars, hot peppers and spicy dishes as they may irritate your bladder.

- Avoid artificial sweeteners. They tend to aggravate urinary urges and frequency.
- Maintain a consistent schedule of urinating every 2 to 4 hours, even if you do not feel like going.
- Keep track of your symptoms to help identify the triggers and help your doctor determine the best course of treatment for you.

Resources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3786848/>

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3786848/>)

<https://www.ncbi.nlm.nih.gov/pubmed/9647159>

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<https://www.ncbi.nlm.nih.gov/pubmed/20308841>

(<https://www.ncbi.nlm.nih.gov/pubmed/20308841>)

https://journals.lww.com/jpelvicsurgery/Abstract/2014/05000/Comparison_of_Mindfulness

(https://journals.lww.com/jpelvicsurgery/Abstract/2014/05000/Comparison_of_Mindfulness)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3821987/>

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3821987/>)

<https://www.ics.org/Abstracts/Publish/44/000378.pdf>

(<https://www.ics.org/Abstracts/Publish/44/000378.pdf>)

<https://www.sciencedaily.com/releases/2009/05/090504161657.htm>

(<https://www.sciencedaily.com/releases/2009/05/090504161657.htm>)

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3 of 3

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By Top10HomeRemedies

Last modified on September 11th, 2017



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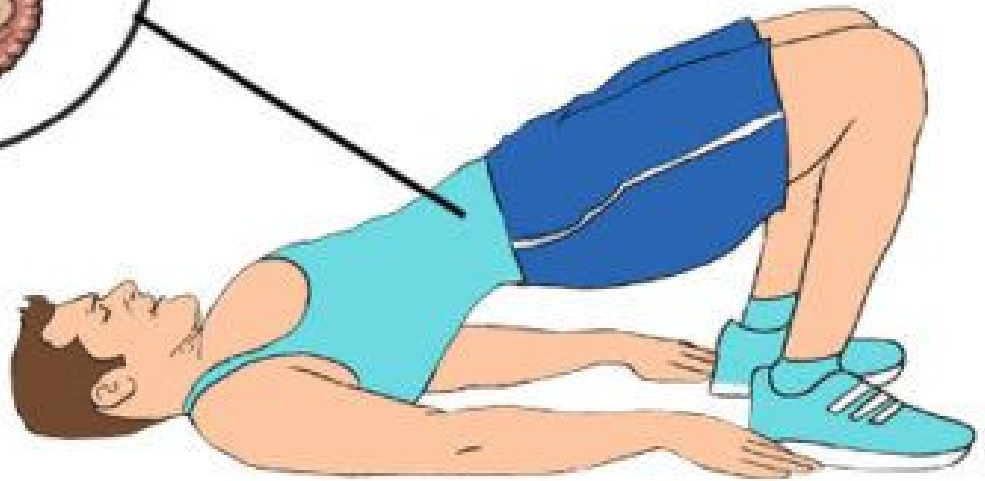
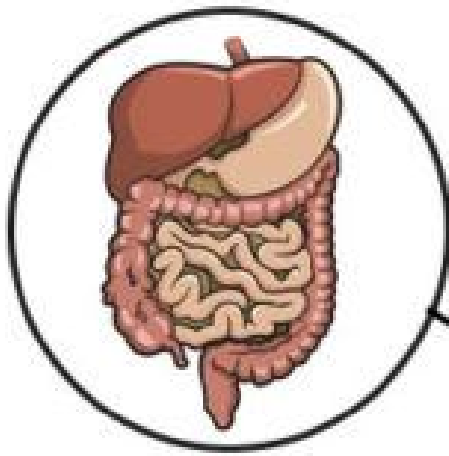
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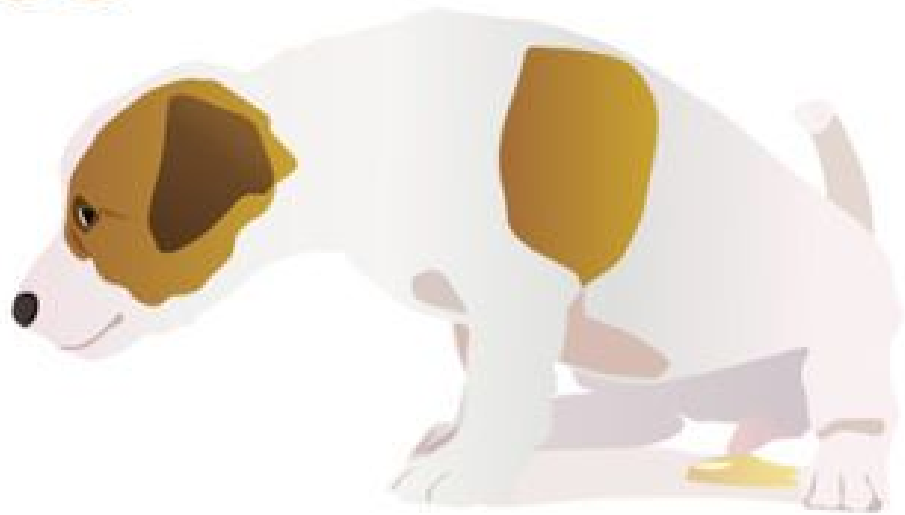


(<https://www.top10homeremedies.com/news-facts/benefits-kegel-exercises.html>)

Benefits of Doing Kegel Exercises (<https://www.top10homeremedies.com/news-facts/benefits-kegel-exercises.html>)

📅 October 9th, 2017

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📅 April 25th, 2017

21 COMMENTS

joann saffioti April 24, 2015 at 10:00 pm

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REPLYTOCOM=363813#RESPOND)

Very interesting I take prescription meds doesn't seem to work

sadaf April 27, 2015 at 1:05 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html)

REMEDIES-FOR-URINARY-INCONTINENCE.HTML?
REPLYTOCOM=364224#RESPOND)

I like this literature it is very knowledgeable.

Apostle George Osei Owusu April 27, 2015 at 10:33 pm

REPLY (HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?

REPLYTOCOM=364290#RESPOND)

MAY the Good LORD bless you for this revelation,,wisdom is important

rudy fiel October 23, 2015 at 9:00 pm

REPLY (HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?

REPLYTOCOM=452725#RESPOND)

Very informative and good healthy guide.

Lizabeth June 7, 2016 at 12:51 am

REPLY (HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?

REPLYTOCOM=522754#RESPOND)

Kewl you should come up with that. Exlelcent!

Tina W November 29, 2015 at 8:58 am

REPLY (HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?

REPLYTOCOM=465564#RESPOND)

Very too article, and ready to try their suggestions.

Rksudarsanbabu November 30, 2015 at 11:15 am

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REMEDIES-FOR-URINARY-INCONTINENCE.HTML?

REPLYTOCOM=466093#RESPOND)

Thanks for remedies given for Urination problem. I am at 66 really it is helpful.

zertaj khan April 25, 2016 at 12:47 am

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html)

REPLYTOCOM=506478#RESPOND)

Very very useful information ,knowledge, nd also the remedies u gave us,,thanku so much for nice nd authentic article,,many people wl be benificial with this,,its really very pious effort to make us aware of this common problem's reasons..God bless you,,

patsy May 10, 2016 at 8:10 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html)

REPLYTOCOM=512705#RESPOND)

Hi can u help why when I touch anything cold like wet clothes or drink cold water I get weak,dizzy my eyes wants to shut,I feel better when I drink hot tea or a hot shower,this happens on cold days or hot days,love ur stuffs here its quiet interesting thank u patsy vlm

Jane Edwaard July 26, 2016 at 8:15 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html)

REPLYTOCOM=532251#RESPOND)

Love to know what is good for frequent loose bowel movement

h k money August 28, 2016 at 10:47 pm

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REPLYTOCOM=537661#RESPOND)

well your web site giving confidence to control urge incontinence 77 year old man night time 4 times and day times 8 times without control sometimes in trousers, in car while walking etc what is the best home remedy to cure this Prostate, kidney, liver stomach, etc etc were tested and negative results doctors could not specifically say anything on this your site appears to good to give clear cut instructions to erase this problem await ur reply
h k money canada

h k money August 28, 2016 at 10:51 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html)

REPLYTOCOM=537662#RESPOND)

await ur reply for male incontinence thanks

h k money

Brij Bhushan Dubey November 24, 2016 at 11:06 am

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REPLYTOCOM=555214#RESPOND)

Thanks for good information

Wayne December 3, 2016 at 5:36 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html)

REPLYTOCOM=557165#RESPOND)

My uncle had BPH for a couple of years and always had to get up many times during the night to pee, he also felt pain while peeing. The urologist told him that it was a typical symptom of the enlarged prostate and that he needed to learn to deal with it, the doctor prescribed him alpharise health for his prostate and a new diet (tomatoes, fruits, nuts, vegetables and no red meat) . After some weeks realized there were good changes on him already

eddie December 20, 2016 at 8:50 am

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replyto=559207#respond)
REPLYTOCOM=559207#RESPOND)

Helpful info in this article. I had uti for about 3 years. I had to urinate frequently and urgently. The frequent need to urinate at night severely affected my sleep quality. I kept strictly to the food requirements, avoid spicy foods, alcohol, smoking, coffee, etc. But the medicines I took couldn't help to cure it. Then a friend recommended me a herbal medicine called diuretic and anti-inflammatory pill, after 3 months medication, the infection was cured completely.

Milan Prasad December 27, 2016 at 3:18 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replyto=559927#respond)
REPLYTOCOM=559927#RESPOND)

Very useful and beneficial guide:)

Thanks for this useful information!

Satish Chandra kaushik January 29, 2017 at 3:23 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replyto=563855#respond)
REPLYTOCOM=563855#RESPOND)

Quite beneficial and helping information but doesn't cover the postural incontinence after radical surgery of prostatectomy. After sitting on chair or bed, there is leakage on standing up. That means pressure on nerves by sitting is released on standing up leads to incontinence. How should it be prevented?

RAVI SAXENA April 8, 2017 at 2:36 am

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replyto=573026#respond)
REPLYTOCOM=573026#RESPOND)

Very good and useful information. Thanks for sharing.

Azuka Ugoh April 14, 2017 at 7:23 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?REPLYTOCOM=573966#RESPOND](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replytocom=573966#respond))

I think, I like this info!

Meenuu August 8, 2017 at 1:19 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?REPLYTOCOM=588364#RESPOND](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replytocom=588364#respond))

Yeah gud. ... thanks for information

laila October 15, 2017 at 6:49 am

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?REPLYTOCOM=597989#RESPOND](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replytocom=597989#respond))

i just wear pads etc when doing major exercise eg trampolining

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